PHYSICAL INTELLIGENCE BLOG
2009-2018

Margit Galanter

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Physical Intelligence Blog / Embodied Language and Culture

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Paradise Now * Movement Culture

October 6, 2018

Over the summer I participated in the Oakland Summer School, an incredible group of interpretations on Crisis & Liberaton from multiple perspectives including critical race, embodiment, performance, and the spirit. I wrote a follow-up to the interactive event I offered, “Cave Joints” – on my perspectives in Movement Culture. A version was published in Paradise Now. Here is the PDF of that writing, along with some inspired illuminations of Keston Sutherland and Turner Canty:

PARADISE NOW SEPTEMBER 2018

VIVID GROVE FALL + WINTER 2018 FLYER BY MARA!

August 30, 2018

VIVID GROVE
Margit Galanter
The VIVID GROVE is
a mosaic of workshops and gatherings designed to cultivate moving, learning, creative evolution and collective liberatory practices. No experience necessary, all bodies welcome.
2018 - East Bay
WORKSHOPS
TOUCHDOWN TUNING
FRI EVE OCT 19+AFT OCT 20
Finnish Hall + Berkeley Marina
* Moving and composing with the regenerative aspects of fall *
Dancing with radical practices of Tuning and Ameria *
WILD GOOSE QIGONG
TUESDAY AFTERNOONS, OCT 2 - DEC 11
Dover Park, Oakland
*Ongoing practice of Wild Goose Qigong sets, meditations, and movement *
NOURISHING QIGONG
FRI EVE NOV 9+ AFT NOV 10
Temescal Arts Center, Oakland
*Qigong and meditation to nourish bones, marrow, breathing, and support yin in transition from fall to winter *
ART EVOLUTION GUILD
OCT 7 - MID DEC, East Bay
*A group designed to support artistic practice and creative agency *
Laboratory day, private session with Margit, potluck gathering, offerings *
*A warm core *
CAVE INCUBATIONS + WINTER QIGONG
AFTERNOONS DEC 1+2
Temescal Arts + Ellen Webb, Oakland
*Cave Incubations - Movement, Writing, Stillness * Exploration under cloth *
*Winter Qigong - Deep nourishment focusing on elemental force of Water: inheritance, instinct, the unknown *
PRIVATE SESSIONS
East Bay and San Francisco
*Embodied and creative mentorship *
*Develop your movement life *
*Feldenkrais, Chinese energetics, and personalized sessions *
SAVE THE DATES!
JAN 28 - FEB 3 2019, Oakland
*Tuning Scores Workshop with brilliant originator Lisa Nelson *
*Single classes ($75-$200) and full program bundles ($310-$450) available *
* Some work exchange and scholarship by application * More information and pricing: physicalintelligence.org/event/vivid-grove-fall-2018 *
* margit@physicalintelligence.org * 917.617.3939 *

Informance at Brooklyn Studios for Dance

September 15, 2015

< INFORMANCE … LO-TECH TUNES >

Fri, September 25 @ 8:00 pm

Brooklyn Studios for Dance, Brooklyn NY ~ http://bksd.org/about/

$10

A night of collaborative informal performances remotely +/or directly inspired by the Tuning Scores. Featuring work by Margit Galanter (Oakland, CA), HIJACK (Kristin Van Loon & Arwen Wilder ~ Minneapolis, MN), Johanna Meyers (NYC), and Jack Magai (Troy, NY)

There will be time after to discuss works and converse for those interested

Arwen, Kristin and Margit approach "Easterfest" with last night's lampshades still on their heads. Like good dance soldiers, they execute their respective cinemas.

Johanna Meyers is re-configuring material from a solo performed this past spring and scraps from her last show *piece.piece*, which is a compilation of many scraps. It will be be solo material constructed on dancer Angelica Angulo Soledad.

Jack Magai employs objects, methods and sites traditionally beyond the theatrical in order to probe theatrical boundaries. This has led him to dance with chickens.

An experimental presentation in Tuning, influenced by the methods and cadence of DUB, and the people present.

Easterfest photo by: Chris Cameron; Tuning photo by Nikolaus Koumoundouros

Feldenkrais and Organic Learning

November 4, 2014

Hello Feldenkrais Folks,

Last night, we had a very nourishing Feldenkrais First Mondays class. The lesson was invigorating (aka challenging), and we had the start of a spacious conversation on *how we learn best.* We came up with our own conditions. It was so interesting to hear how each person integrates new ideas in their life. And we ate and drank tea as well, for sure.

I brought as a resource the newly published book *Making Connections: Roots and Resonance in the Life and Teachings of Moshe Feldenkrais*, by David Kaetz, and we read from his section on learning. The book takes a look at a source of the Method that is often overlooked: Feldenkrais' Jewish and spiritual roots. In the book, Kaetz articulates some ideal conditions for learning that are enacted and therefore modeled through the Feldenkrais Method. This particular chapter draws a picture of how these conditions show up in the teachings of Moshe's Hasidic forebears ….If you are interested, read below and see if you agree with these, and if they match your own experience of learning, and Feldenkrais

Method, or what is often called "learning how to learn." Here they are from the chapter:

- **The teacher is not the ultimate authority; the teacher helps by providing a climate for learning**
- **The best climate for learning is a culture of questioning. The best learning leads to action**
- **Everyone learns in his or her own way**
- **Nothing can be forced, and rushing will not help**
- **Learning must be pleasurable**
- **Don't try to do things well**
- **One can learn from anything**
- **Learning is furthered more by hearing than by reading**
- **Learning employs paradox**
- **You have to do your own homework. Imitation is useless**
- **The ultimate teacher is inside us**
- **The teacher's own inner work is central to his/her usefulness as a teacher**
- **Learning and healing are not separate.**

On this last condition, Kaetz offers a quote of MF's which is poignant for today…

"Organic learning is essential. It can also be therapeutic in essence. It is healthier to learn than to be a patient or even be cured."

What do you think of that?

If you are able, please join us for the final Feldenkrais First Mondays of 2014 on December 1, 6:30pm.

Feldenkrais Quote ~ A good one, on stability

February 4, 2014

"The human nervous system is 90 percent concerned with the recovery of stability. But life is not a stable process. Stability is for trees. For us, life is a process of risk and recovery. Each step we take is a risk. The ability to recover is our greatest quality. Stability? You have stability when you go to bed. And you keep risking, because one experience is not enough. If it were, then one glass of wine would be sufficient. One game won. One success."

On Wild Goose Qigong

August 14, 2013

WILD GOOSE QIGONG

Wild Goose (*Dayan*) Qigong is a beautiful movement practice that is thousands of years old. Wild Goose is a Taoist Medical Qigong form with direct health benefits. It contains a vast series of sets, with different qualities and movements. There are more energetic movement sets, as well as meditation-based sets of practices.

Qigong, or “the practice of moving energy” is an ancient Chinese self-healing tradition that enriches your vitality and expands your movement and intellectual capacity. Qigong has been known to have curative effects on illnesses, improve one’s sensitivity, physical stability, and offer people greater vividness of spirit.

There are a wide variety of qigong forms. Based in Chinese Medicine and the energetic philosophy of Five Elements, and the meridian systems (energetic flows through the body), with Wild Goose, one can cultivate health by focusing movement, breath, and attention.

Some Wild Goose Roots

Wild Goose belongs to the Taoist Kunlun School, and so is also called Kunlun School Qigong. The most famous practitioner of Wild Goose was called Dao An, who spread the form during the Jin Dynasty (265 – 420 A.D.). Because he was a famous and earlier practitioner, he was crowned the founder of the form. The lineage was practiced in the mountains (Wutai Mountain), and then passed through the imperial system in temples throughout China. Later, at the end of the Qing Dynasty, the form came through to the family of Yang Meijun. Starting at 13, Yang Meijun studied Wild Goose from her grandfather, and it was she who popularized this magnificent set of practices and brought them into the public. By 1998, she was 104 years old, practicing daily, and living a healthy life.

For more information and photos of Yang Meijun, click here: Wild Goose and Yang Meijun

Margit practicing Set 4, Spiral Qigong. Photo by Christina Bertea

Quote on Healing

May 26, 2013

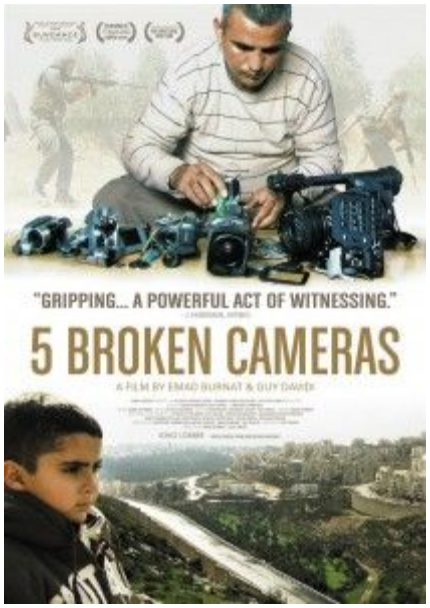
I just saw the riveting documentary "5 Broken Cameras" by Emad Burnat (and Guy Davidi) on his town's resistances in the West Bank (Bil'In). This ending quote is amazing, on healing, oppression, and the role of practice and expression in his political (art)work:

> "Healing is a challenge in life. It's the victim's sole obligation. By healing, you resist oppression. But when I'm

hurt over and over again, I forget the wounds that rule my life. Forgotten wounds can't be healed so I film my life."

-Emad Burnat

http://vimeo.com/15843191



Ecology of Mind

March 22, 2013

Gregory Bateson was an anthropologist, biologist, father, and great thinker of the 20th century. He was first married to Margaret Mead, and was one of the original instigators of cybernetics. He researched with mind and heart equally. Amazingly, he wrote only a few books, and yet the impact of his ideas are profound for creative thought and understanding of living systems. His effects on modern science are often overlooked. Last night, I saw a documentary about Gregory Bateson and his ideas, directed by his daughter Nora Bateson. /http://www.anecologyofmind.com/.

The expression "ecology of mind" refers to G. Bateson's perspective that he developed over decades of synchretizing inquiry, that understanding at best is found through a curiosity about the interconnectedness of things. *Things* are in relation and constitute a network, be they matter, trees in a forest, thought, evolution, the way animals play, ecological crisis, the shape of a rock, or a conversation.

Gregory Bateson in his revolutionary thinking dissolves disciplinary categories and fractured, atomistic approaches in favor of ways of understanding that reveal the necessary unity of things. Bateson understood that one can not look at parts as

separately from one another, as each aspect is in a tangle of a living system; the way people separate parts from the whole is arbitrary, learned, and related to individuated perspectives and perceptions. He urged a cultural shift in examining *quality* over quantity, *mapping* rather than measuring.

Here are some notes I took from the viewing, that have stayed with me overnight:

> The film itself is a new and emergent process, reflecting Bateson's propostion of a *metalogue*, or a conversation that is reflected in the making.
>
> "We live in a world that's only made of relationships" -GB
>
> His first daughter, Mary Catherine Bateson, reminded us of his approach: if we don't see the delicate interdependences of life, we can break them and it, and this is a root of our current ecological challenge.
>
> Art is an extension of the masterpiece of life
>
> The "role" of something is just the front end, and it is half-assed to look at this aspect of a phenomenon without considering the greater context.

Patterns are always changing, so part of our understanding of beauty is our eyes behind the curiosity, and the beauty of process

"No man can step into the same river twice" — Hericlitus

We can agree about what is *there*, but not about ways of describing it.

The strongest structures are the ones that are flexible, always capable of correcting for imbalance. Self-correction is in the form of oscillations.

The implications of these ideas for the human movement and the lived experience are powerful. Bateson's work predates current understanding of neuroplasticity and is a basis of this understanding.

The Power of Language

February 26, 2013

I just spent a weekend immersed in poetry and poetic experiments, through the Conference on Ecopoetics at UC Berkeley. It was an inspiring event, particularly to encounter practitioners from around the country who are investigating the interrelations of words and nature through the lens of aesthetics, poetics, social intervention, direct action, conversation, academic inquiry, and the nature of things. Eleni Stecopolous and I presented a collaborative performance presentation as part of the Conference, which was entitled *Triple Burner.* Through it, we wove questioning, reading, speaking, dancing, and shared practice. The presentation was an investigation into realms such as Chinese energetics, healing and nourishing life, Greek terms, the power of movement, words, and the Feldenkrais Method all through the lens of this great meridian Triple Burner that has no association with a specific organ, rather process, exchange, and interactivity. We felt that the subjects of our presentation would instantiate inquiry and ecopoetics as an operation and term. Our sources were three books that we have in common in our research: Robert Kocik's *Rhurrbarb*, Mei-Mei Bersenbrugge's *Concordance*, and Shigehisa Kuriyama's *The Expressiveness of the Body and the Divergence of*

Greek and Chinese Medicine. Here is an image from the cards I made as part of the presentation:

Some of the highlights from the inspired and extensive resources I picked up through the conference:

Panel organized by Office of Recuperative Studies

Beautiful readings by many, including CA Conrad and Tyrone Williams

Learning about incredible presses, such as Brenda Iijima's http://yoyolabs.com/ and Sueyeun Juliette Lee's http://www.corollarypress.org/Corollary_Press/Home.html

The collaboration PARK (dance/poetry/photography)

David Buuck’s BARGE and Matta-Clarke Parks

and Eleni Stecopolous' first reading on ritual landscapes – looking forward to more.

Around the time of this conference, I have been reading Jeremy Narby's *Intelligence in Nature*. Here is one of the many passages from it which seems quite relevant to the conference mentioned above: "recent research based on brain imaging shows that language is handled by many different brain regions working in parallel. As Susan Greenfield writes in her book *Brain Story*: "One of the most startling discoveries from such research is that saying just a single word causes a unique pattern of activity to ripple the cortex. The experience of the word 'screwdriver,' for example, causes a part of the brain called the motor cortex to light up. The motor cortex is involved in controlling movement, so perhaps this word triggers memories of handling a screwdriver to become active…Language…involves an eruption of associations and memories that are different for every word."

Constellations

March 31, 2012

profound this:

“What biologists do know nevertheless is that all of our molecules get replaced every few days. If i paint an atom of a molecule in part of my body in order to identify it, and I keep track of its location, i find that within a very short time it either will have gone to another part of the universe or will have transformed into something else, or become part of another bigger molecule. that includes the nervous system. There is fantastic turnover.

So you don’t need to go to the Big Bang to see that your substantial basis is shifting. What stays and continues to constitute what we know as a body is not a molecule or a set of molecules but a pattern of molecules that keep being replaces constantly. A cell has a rate of change that is so fast that within hours or minutes the whole thing has changed, yet the overall pattern of the cells remains. There is a fantastic turnover.”

-Francisco Varela

Beautiful Quote by Odette Guimond

January 17, 2012

A fantastic quote from Odette Guimond – I can corroborate from my own experience with clients- what's at stake with embodied action for artists and people in any kind of performance in life:

"…my practice and teaching in the area of theatre and somatic education continue to teach me that, fundamentally, human beings cannot achieve total freedom and fully become creators without this constant recognition of their habits of movement in the gravitational field, of their behavioural preferences, of their own way of doing and perceiving. And this, not to run away from themselves and conform to some ideal model, both inaccessible and unreal, but to make peace with themselves and take ownership of who they are and what they do. The awareness of one's neuromuscular patterns is fundamental and fosters not only the improvement of what one loves to do but also brings to it creative variations that can even be qualified as profound behavioural changes." — O.G.

Semiophysics Endorsement

September 16, 2011

As Dennis Leri so aptly states: SemioPhysics – It’s not what you think

Read here or read below – my endorsement of his Training:

Part of the impetus for coming to a Professional Feldenkrais Training can arrive from a desire to understand how it could be that the gentle and specific movements of the Method can create such clarity of attention, grace, and plasticity of thinking, and to experience this more. One wants to be able to impart this to others with confidence and understanding. Dennis Leri’s Training delivers.

The intelligence of the Method is embodied in Dennis’ approach; the Training provides a learning environment where the pedagogy so intimately matches the material that one experiences coherency. And this is immeasurable. It provides tools to approach teaching, learning, and to experience living with vitality one can only imagine. Even if you leave these tools in the shed for a while, they’re always there for you.

From the beginning of the Training with Dennis, Funkadelic's words "Free Your Mind and Your Ass Will Follow" came to me like a joke, because with the invitation, it was clear that the inverse was equally true. This is a kind of revelation, and the facility of constructing thinking and moving only deepens over the course of the years of your training with Dennis and will continue to do so.

If you are a good match, there is really no better way to spend your time.

— **Margit Galanter**, MA GCFP is a movement educator, arts investigator, and dance poet living in Oakland, CA.

Feldenkrais at SOMA Fest

September 16, 2011

Yesterday, I taught a class at SOMA Fest in Santa Monica, CA entitled : *The Feldenkrais Experiment: Righteous Dancing States through Physical Clarity*. The workshop was grounded in an ATM standing oscillation lesson, and we took the oscillations into new directions.

Here is a description of the class I wrote months beforehand:

The Feldenkrais Method offers a unique way to research movement – in quality, in attention, and in the expansion of choice of actions; it is an experimental process. What is so powerful about going from The Method's somatic practice in through dancing and back again is that it offers ways to integrate the material *in action* with an exploratory mind, and in the context of improvisation, there is a forum for the spaciousness and awareness that comes through the lessons. Obviously from my writing, you can see this is not always so easy to explain! If Feldenkrais takes for you, it will effect any action you do, though with the right modes of embodied creative research specifically, the act of shifting between the Method and dancing can deepen the impact of experiment of the Feldenkrais work and expand the repertoire of one's creative power and depth of reflection.

In the class, we oscillated on many levels; for one, literally we oscillated in different orientations (e.g., lying on the floor, standing up), in addition, the oscillations progressed from something to try without too much direction at first, so one could experience one's own sense of it, and then changed throughout the lesson as the action clarified, and as we practiced new iterations. Then throughout the course of the class, oscillations became a mediating act – a way to find one's center as a concrete enaction. Throughout the workshop, oscillations were also experienced as an analog in terms realms of action, since we would

move between media – from ATM to open movement, in and out of writing, of conversation, and hands-on practice. Oscillating was both a physical act, and an integrative one on the many levels of action and social interaction.

The ATM lesson came from Feldenkrais' original San Francisco training, and was taught to me during my own training by Yvon Joly. To dive into Yvon's generous and reflective teaching in prep was a fulfilling learning experience. Dennis Leri, who was the Educational Director of my training is brilliant and unparalleled. He will be starting a new Semiophysics Feldenkrais Training in 2012. If you have any interest in going through a Training, this one is not to be missed.

It was an honor to be in the room with the participants of the workshop. To see the beauty in the simplicity and richness of their actions moved me, literally. Thanks to Teri Carter at SOMA Fest, and onwards and upwards now to performances throughout the weekend!

Elements

April 29, 2011

As I have been setting up outdoor *qigong* classes, I have had the opportunity to grow into a more intimate relationship with the elements. Planning the location of a series, I imagine what could take place in the weather in the weeks to come; it is an interaction of my experience, attention, research, atunement, and imagination. Questions such as: *How much wind will there be in this spot? When does the sun actually set over the next several months? Will it rain? What is the noise level? Is there a good amount of space to share with playing children where we each have our autonomy for different kinds of activities? What is the flow like here?* The responsibility increases considering others, and provides an opportunity for me to nourish my relationship with the earth, and quite frankly to be out in the elements for a time – with sun, wind, water, heat, gravity, birds, llamas at Fairyland, loud trucks, and did I say wind?

This is a fascinating part of practicing *qigong;* I am within and among the environment, and also in response to it …there is an opening taking place. In my Master's research, I examined the intricate phenomenon of permeability. It had a value beyond my artistic and movement practice that I found effecting my whole life, in interaction with friends, family, communities, and the world around. When I practice qigong on my own, or in study, I work with what is- my relationship with the world around me opens up a little, becomes more permeable, and the colors get brighter, the smells more pungent, fragrant, and strong.

The 5 Elements Theory of Chinese energetics gives great insight into the nature of the elements from the perspective of a well-investigated (ancient), rich and integrative cosmology. From this perspective, one is looking not just at metal, water, wood, fire, and earth, but rather Metal, Water, Wood, Fire, and Earth – the vast realms that each of these phases in the process and

movement of life manifest, and in turn how these nodes have an effect on so many aspects of a life in a given moment. We have been talking about the intricacies of this some in the Wednesday morning *Moving Qi* class, which is focused on Five Elements Theory as it related to *qigong*.

This relationship between the self and environment is one that I have only begun to understand through my years in experiential and embodied research. Work such as improvisation and the Tuning Scores, the movement meditation of Suprapto's *Amerta* Movement, through the Feldenkrais Method, and through the Eugene Gendlin's *Philosophy of the Implicit.* All of these forms have articulated interactivity uniquely – the relationship with being, with presence in space and place. These practices over the years have helped to inform my understandings, and indeed drew me to grapple with the stuff of this interaction by making site-based + installation performances, embodied theory, and co-founding the *SEEDS* Festival, where we could bring together practitioners from multiple fields to find the nature and creative source of practice in environment. Through all of this, there is a continuum of experience from being to doing, from making to receiving.

In a way, even the approaches, the forms, and the practices are kinds of elements, too – they are more formulated aspects of language that have come to become patterns, and then through their intricacy and development, concepts and theory have emerged. What attracts me to these rich worlds is that the way to *get it* is through experience.

R.I.P. Martin Weiner

April 26, 2011

R.I.P. Feldenkrais Trainer and inspiring teacher Martin Weiner. He passed away this past weekend. To learn more about him, browse his organization here: http://www.centerforexplorationsinconsciousness.com/Center_for_Explorations_in_Consciousness/Home.html

or hear him on podcast here: http://utahfeldenkrais.org/blog/2007/01/feldenkrais-podcast-1-conversation-with-marty-wiener/

Mind And Matter – Some Reflections

August 12, 2010

Earlier this summer at SEEDS, I was re-reading Gregory Bateson, particularly his discussions in *Angel's Fear* about the necessary unity of mind and matter. I have been roiling all year at his spot-on articulations of the sacred, his vast framework of ecology, and his perspectives on human/nature/culture. Some things he wrote stick with me as I fumble through life, through beautiful sessions with clients, through searching in the dark in the dance

studio, in awe of the surprising mini-forests, the power of oil that rises to the surface, and glacial movement.

To humbly paraphrase, Bateson spoke of competition & of the world's need to "move forward" and rush. As one lives and investigates the surroundings, one uncovers the "matrix," or a motherlode of unknowing out of which new partial answers get chiseled. There is a push to try and solve; it is so hard to sit in this unknowing, "where angles fear to tread." This place is both infinite possibility and its converse, an infinity of corruption, destruction, and challenge, as well. Uncovering then, can create a kind of panic as we chisel away, and as Bateson calls it, *a deep epistemological panic*. When I see the exhaustion on Obama's face in the media, when I catch myself rushing ahead of my own physical comfort, I can take a kind of recognition-breath at the panic. I can even get solace that someone once really stated *what it is*.

How to move with assurance, with sensitivity, see the shimmering qualities of the beings?* How to choose the joy, rather than the ambition, and the ambition when it brings joy? How to be able to make choices clearly, cogently, and from the gut sense of your own truth? I think our physical intelligence is a big key.

To quote Moshe Feldenkrais: “Without movement life is unthinkable.” & “If you know what you are doing, you can do what you want.”

Feldenkrais, like Bateson, spoke of the necessary connection of mind/body, and his method consistently proves this unity as something we can reclaim through very specific and gentle acts. Oh, lord, we have been fractured! Each time the news lies, or we sit for too long, we have to integrate it somehow. We are our own motherload! To experience the poignant and beautiful relationship of our own embodiment and awareness is an incredible thing. And it is an analog to the relationship between our self and the environment, the thing-beings present amongst us in the form of rocks, buildings, and even dare I say it, computers. They have character. My computer asks me to feed it a little too often. Fortunately I have studied enough movement that I can remind myself from time to time to take breaks.

The necessary unity of mind and matter invites us to move away from the pervasive view of quantity into the rich terrain of contrast, pattern, and relationship. Let’s talk.

*At SEEDS, Margot Lystra and I came to some terms that became the core principles of the work we were doing in dance and design-

“thing-beings” hit on one of them, “shimmering,” another. Read more about our Treehouse Project **here.**

Enriching From Winter Into Spring: The Five Elements Perspective

March 8, 2010

If you take stock in your vitality these days, could you use some help to prepare for the vibrant energy of spring? What if just a few small actions in your daily life could nurture your creative movement? Read below to learn how you can align with the seasons and move through the transition from winter to spring, five elements style!

Currently, we are in a time of year that is dynamic; it is the transition from winter into spring. From the Chinese Five Elements perspective, this is a critical moment for the vitality of an individual, and in fact this time of year is considered the beginning of the annual cycle: out of the darkness of winter springs spring. There was just a two-week celebration of Chinese New Year that auspiciously kicked off on Valentines Day this year,

inviting double happiness for the year ahead. *Gong Hay Fat Choy*! Happy New Year!

The season is an important factor in evaluating our vitality at a given moment.

If we are to follow the natural environmental cycles that we reflect in our habits and body, winter is a time for slowing down, for building up resources, and for a kind of hibernation. Often people are more sluggish in the wintertime. Even here in the sunny Bay Area, people may be experiencing wanting more sleep than usual. The season is followed by spring, which is a shift into the beginning of the exuberance of growth. Spring is seen in the expansion of plant life, physical energy, and creative action.

From the Five Elements perspective, winter is associated with the water element, with the deep dark blue, and is connected to the Kidneys and Bladder *zang* (best translated as organs/meridians). The kidney is the storehouse of *jing* (innate *qi),* and water is the element of potential. Spring is associated with the wood element , with fresh green of growth, and the Gall Bladder and Liver *zang*. Winter, if all goes according to plan, nurtures spring: it is the water and the cultivation of the soil that moistens the plants to start sprouting.

Because of this shift in seasons, it is often a time where people can experience physical challenges. It is a big leap for our systems.

Oftentimes, we do not have the wherewithal to follow the signs of our body, or are hard-pressed to know what our own intelligent organism is saying to us. For others still, we hear the signs, but do not have the capability to shift the patterns of a full, busy, and hopefully rich life. In the end of winter, you may experience water imbalances, such as shifts in sleeping patterns, exhaustion, wired or anxious energy, an overly driven attitude, or even fleeing your responsibilities. Wood disharmonies may come in the form of allergies, frustration, anger, headaches, stiff groin, sprains or strains, and digestive issues (to name a few!).

Fortunately, there are a whole host of things we can do to support ourselves in this time of great change.

For one, we can nurture our water element. In the end of winter, or any time to support the water element within us, we can take time to be still, make less plans, stay out of the cold, and spend time nourishing our internal life that rebuilds our Kidney and Bladder *qi*. Here is one practice: take the time to breath into your kidneys and imagine dark cool blue filling them up along with your lower back, even for a few minutes per day. It could result in a more general sense of wellbeing and actual ability to rest. A

healing sound associated with kidneys is “whhhhhhooooooooooooooo,” a quiet sound you can make on the out-breath of your meditation. It is great to do this right before bedtime, and is welcome throughout the day.

Secondly, to nurture the transition, we can foster our wood element. As a way to invite the spring, in your meditation you could then after filling your kidneys imagine your liver on your right side filling with green bright energy. With each breathing cycle, bring a clear vision to your creative growth; if you hiss into your liver with the sound “shshshshshshiiiiiiiiiiiiiiiiii,” the resonance of this will support movement through the meridian and organ.

This transitional time is also an ideal moment to tonify and purify through dietary changes. With any large shifts, it is of course useful to work with a health practitioner. To support the transition, cleanse with care, giving a break to your liver and kidneys that filter for you so much! I like to take three days to eat solely grains and greens (and rare eggs for protein as needed), while drinking generous water throughout the day. To give myself a break from oils and salts at this key moment is a true gift. Of course there are many other liver cleansers, but to name a few: lemon juice, apple cider vinegar, dandelion greens and milk thistle.

There are also some very basic acu-points and qigong exercises that specifically address nurturing the water element and strengthening the wood. It is a great time to start or pick up a relationship with a Five Elements healer, such as an acupressurist, qigong practitioner or acupuncturist in your area.

The correct movement of wood is the spring of movement in your joints, of being ready to face the exciting challenges of a new cycle. By being conscious and supporting your vital nourishment, you can catch the wave!

This article is featured in the Moving Arts Network: https://www.movingartsnetwork.com/article/enriching-ourselves-from-winter-into-spring-the-five-elements-perspective.html

This article was greatly influenced by a seminar with Keith Stetson at the Acupressure Institute.

Double Happiness

February 14, 2010

Greetings from Oakland, and the laptop of **Physical Intelligence**. Here and now, the Lunar New Year falls on the same day as our Hallmark, V-day. *Gong Hay Fat Choy!* May the love flow. It is

Sunday and the sky is still dark, and there is nothing like all the new buds that have popped on the trees to help herald in celebration… Please read below to learn about upcoming activities in the ‘hood.

Double Happiness Special: In case you are new to this list, I offer sessions in **Physical Intelligence:** The Feldenkrais Method®, acupressure, *qigong*, and tailor-made sessions that incorporate the movement arts. In honor of this auspicious conjoining of celebratory days, I am offering a special for my practice. You are invited to bring in someone and both of you will receive half-pricefor your sessions. And if this is your first time coming to see me, you are welcome to a half-price session yourself. What a way to connect. I will honor the double happiness special through the turning of spring.

Welcome year of the metal tiger!

On the Heart: From the traditional Chinese perspective as I have been learning, the heart is associated with the fire element, along with other meridians that work as a team to support this great ruler. The heart rules our *shen,* or spirit – the endless unfolding of our abilities, the shininess in our eyes. For this, calm relaxation helps, and a disharmonic heart can be experienced as anxiety and muddiness of what it is one wants to say. When the heart is clear the rest of you can work well. You know your path and can make choices based on what makes you joyful.

Perhaps this perspective helps paint a picture alongside with your other images.

Envision: The two courses I am most interested in teaching right now are ones I have uniquely crafted over the years: Restorative Movement and a Creative Research Lab.

These classes are looking for homes and for interest. Contact me if you have any leads and/or would like to participate.

Golden Opportunity: Contemporary technique class with **Abby Crain** at KUNST-STOFF Arts. tuesday/ thursday 5-6:30pm. $12. (www.kunst-stoff.org). 927 Market Street, 5th Floor, San Francisco. (415) 863-3040 ext. 286

Abby sez: "We start from the premise that the body knows everything it needs to know. We then use improvisation, simple warm-up exercises, anatomical exploration, and whatever else we can think of to help it remember. We do housecleaning of our movement patterns. We learn some movement to do together and we dance." **Abby** is a movement expert and gorgeous dancer who recently moved here. This new class is worth it, highly recommended!

January – Brilliant New Decade

January 5, 2010

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1. <u>Sessions</u>

Physical Intelligence is a go. I am offering private sessions and group classes in the Feldenkrais Method®, acupressure, movement arts, and tailor-made collaborative research. Highly recommended. For more information, you can contact me directly, or take a look at my website: www.physicalintelligence.org. With the combination of qigong/5 elements theory along with physical research, the body of information I am drawing from in a given session is very rich, so good for your vital nourishment!

2. <u>Y – At Moment's Notice, Saturday, January 16 at 8pm</u>

I will be presenting **Y**, a long-term performance research thread, next weekend. That is a long-winded way to say I am performing something which is a study for a longer piece. For more info into the material of **Y**, check out this page: http://margitg.wordpress.com/archive/y/ . Have you heard of **Moment's Notice**? Check it out:

http://momentsnoticeimprov.blogspot.com/ . Western Sky Studios, 2525 8th street, Bezerkeley, USA.

3. <u>Tuning Workgroup and Lab, Jan 8 + Jan 29</u>

Next installment of Tuning will take place this Friday, January 8 at Jack London Square, across from 100 Webster, at Jack London's Cabin. 11am – 1:30pm. Maximize sun hours. I will start with teaching tuning tools, then we will enter into the Lab. It is really fun. $5 – $20 donation pay what u can, most important, if you want to be there, come. More good writings and info on the Tuning Scores Log: http://tuningscoreslog.wordpress.com/ . If you are interested, let me know, so I can tell you where the locations are…. we go to different spaces around Oakland.

4. <u>Contemplative Dance Practice</u>

I facilitate an ongoing Contemplative Dance Practice in Berkeley at subterranean arthouse every Monday, 10 – 11:15am. 20 minutes sitting, 20 minutes personal warm-up, 20 minutes open space. All donation$ go directly to this great amazing space. Such a good way to start your week. No practice on January 25, unless someone steps up – I will be out of town. subterranean arthouse: http://subterraneanarthouse.org/calendar/ . 2179 Bancroft Way, Berkeley.

5. <u>The "Elevator Statement"</u>

When you are in an elevator and you bump into our mutual friend or someone looking for a practitioner, and if you are hard-pressed to respond when someone asks what *Physical Intelligence* is, or what I'm doing, tell them this: "Margit's practice is called Physical Intelligence. With personalized sessions in Physical Intelligence, you can enhance your perceptivity, improve your health, and access your creative power."

If they say, wow, how does that work?, or you are in a high-rise, or end up getting off at the same floor, continue on: "… We each have a capacity to experience movement through life aware and embodied. Physical Intelligence incorporates the Feldenkrais Method, acupressure, and the movement arts. Working together, you can develop a practice that engages your vitality and rejuvenates. It can feel very good, and gives you tools to take into your life that will extend beyond the session, for real."

Something like that. Then, after their interest is piqued, you can give them my card or tell them my site: www.physicalintelligence.org . Let me give you a few of my cards. Let me know if you are willing.

6. <u>Yvonne Rainer, Wow!</u>

Dance and film icon, Yvonne Rainer, will be in residence at Mills College in late January. There will be several **free** public events associated with her visit including a Trio A "Teach-in" and a public lecture – "Where's the Passion", concerning expressivity and dance. More information: www.mills.edu/academics/graduate/dnc <http://www.mills.edu/academics/graduate/dnc> or lijohnson@mills.edu.

Thanks for reading. You made it to the end! Word.

Word:

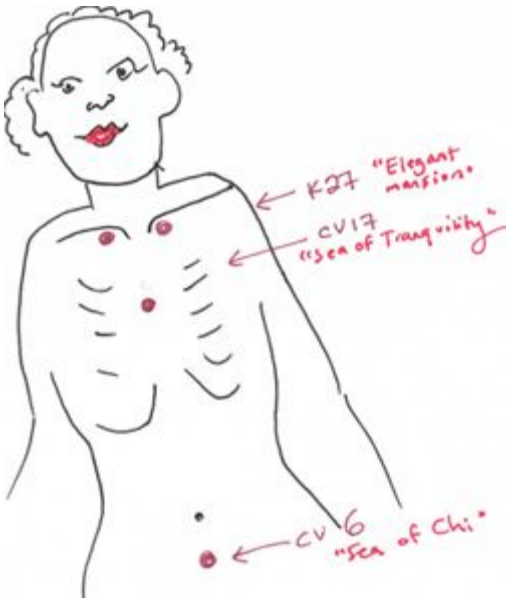
Margit Galanter, investigator of physical intelligence

Winter Holiday Season

December 4, 2009

Some Self Acu Points in prep for Saturnalia…

These three locations correspond with the three burners. You can rub them or gently touch these spots for a healthful effect.



- **Kidney 27** revitalizes, benefits breathing, and regulates all of the meridians.
- **Central Channel (CV) 17** is at the sternum, level with your heart. It can balance emotions and open up breathing.

- **CV 6**, or the *dantien*, can be very helpful to contact to support the development of energy, power, and centeredness.

If you try, I'd be very interested to hear about your somatic experiments!